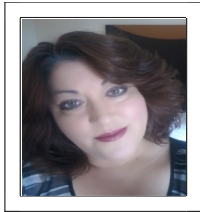


The Highland Fling

"Where Friends are made and Friendships grow"

A Message from the Center Manager



I would like to thank everyone who contributed to the Puppy and Kitty Basket Raffle, the proceeds went to the United Way and Congratulations to Terry Medina and Vicki Uvina who were our winners!

As the Holidays approach us I would like to Wish our Members, visitors and guests a wonderful & safe Holiday season!

Truly, Julianna Brooks



December 2017



CITY OF ALBUQUERQUE

DEPARTMENT OF



BERNALILLO COUNTY



Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

Highland Senior Center Hours of Operation

Monday 8:00am – 5:00pm

Tuesday 8:00 am – 5:00 pm

Wednesday 8:00 am – 7:00 pm

Thursday 8:00 am – 5:00 pm

Friday 8:00 am – 5:00 pm

Saturday 10:00 am – 4:00 pm

Sunday – Closed



Phone # 767-5210

Highland Staff

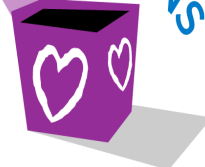
Julianna Brooks.....Center Manager
Arsenio Sanchez.....Program Coordinator
Gloria Ortiz.....Office Assistant
Stacie Davis.....Program Aide
Angela Lovato.....Program Aide
Melinda SenaCook
Darlene Lopez-Martinez...General Service

Our Mission....

The Department of Senior Affairs is a community leader, who in partnership with others, involves Seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.



SUGGESTIONS



Suggestion Box is located next to the Social Hall Doors. Please Remember to sign your suggestions so that we can feature your ideas or comments in the monthly newsletter!

Thank You!

Julianna Brooks, Center Manager

Maria Young Writes:

For a Trip "Sunrise Springs" in La Cieniga, before Santa Fe a 45 min. drive from Alb. Very Peaceful place to visit.

Thank you Maria for that trip suggestion I will have Arsenio Sanchez our Program Coordinator look into it for a future trip.

Julianna Brooks, Ctr. Manager



SENIORS GOT TIME? NEED \$\$\$\$\$?

The Senior Companion Program Needs YOU!



Senior Companion Program volunteers assist clients with light grocery shopping and doing errands. No nursing or cleaning duties. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family members. Senior Companions receive mileage reimbursements, supplemental accident and liability insurance while serving, meals while on duty, pre-service and monthly trainings and recognition throughout the year. Senior Companions must volunteer a minimum of 16 hours a week Monday thru Friday 8 to 5pm.

If you earn \$1,980 or less a month, are 55 or older you may qualify to earn a monthly, tax free stipend of \$200 - \$400/month for your volunteer service.

- **for more information call Heath Barkley, or Dustin Salazar at (505) 764-1612.**

*Just a Friendly Reminder:
Current Membership is required to*



CITY OF ALBUQUERQUE



DEPARTMENT OF SENIOR AFFAIRS

participate in ALL Senior Center Activities, and Trips. Membership is only \$15.00 per year.

Please look at the back of your card to check your expiration date.

If you have lost, or misplaced your card please check with the Highland Senior Center front desk to see how to replace it!

Thank You for your Cooperation!



Attention Retired Senior Volunteer Program (RSVP) Volunteers: Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Center, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory Council

needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelle Senior Center. For more information call 505-764-1612.

Meals on Wheels of Albuquerque needs volunteers in the kitchen any day Monday through Friday from 9 am-11 am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 505-767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Volunteers are asked to serve at least three hours per week Monday through Friday. Please call 505-767-5225

Ronald McDonald House Family Room Volunteers

Volunteers are needed to greet families and sign them in, maintain laundry room, stock food and drinks and help families with their needs. Volunteers are asked to work one three hour shift per week. Please call 767-5225.

Mileage reimbursement is available to RSVP volunteers.

RSVP is part of Senior Corps and is administered by the Corporation for National and Community Service (CNCS). The purpose of RSVP is to recruit senior volunteers into public, government and non-profit organizations to meet community needs. For this and other volunteer opportunities call 505-767-5225.

The Foster Grandparent Program



FGP supports over 80 volunteers who contribute more than 80,000 hours to children each year! Volunteers serve in over 40 sites throughout Albuquerque, including: elementary schools, head start programs, and day care centers.

Having a volunteer in the classroom benefits everyone involved: The **Teacher**, by providing additional support to mentor and tutor children, one-on-one, The **Senior**, by providing an opportunity to remain active and engaged in their community, and **Children** with special and exceptional needs, by offering assistance from another positive adult role model and giving them the necessary attention for mental, emotional, and social development.

Eligibility Requirements:

- Be 55 or above Be willing to serve 20 hours per week
- Pass a physical, tuberculosis test, and background check
- Love Children and wish to make a positive difference in their lives

Benefits:

- Pre-service and monthly trainings
- Supplemental accident and liability coverage while on duty
- Meals while on duty
- Mileage reimbursement
- Annual recognition events
- Stipend for those who are income-eligible
- Remain active while making a difference

Call (505) 764-1612 For more Information and/or an Application!



Groups & Educational Services

Hike Schedule

Tuesday, December 5th

Tuesday, December 19th

- Cost will vary for every trip
- Check In 8:00AM
- Depart 8:15AM
- You may view the hike schedule at www.aschg.org



Defensive Driving Classes

Thursday, December 7th
(1st Thursday of every Month)
12:15pm - 4:15 pm

****No Saturday Class during the Month of December**

Senior Citizens Law Office

Tuesday, December 19th
(3rd Tuesday of Each Month)

1:00PM General Lecture on wills, probate, powers of attorney, related topics.

2:00PM Medicaid and nursing home issues Q&A

Wednesday, December 6th

(1st Wednesday of each Month)

By Appointment Only

The Senior Law Office will be offering the following services here at Highland Senior Center.

- Preparation of Powers of Attorney
- Cremation Authorizations
- EMS/DNR

You must Contact the Senior Law Office Yourself to Schedule your Appointment.

265-2300



GEHM Clinic

GEHM Clinics are nurse managed clinics, which promote healthy aging by addressing the concerns of senior citizens. The clinics provide a wide variety of health services to help seniors obtain and maintain the highest level of health and independence. Services are provided by Registered nurses from University of New Mexico College of Nursing assisted by UNM Health Sciences students.

No GEHM Clinic scheduled at Highland in December 2017

Highland Senior Center NOW Offers....

Acupressure

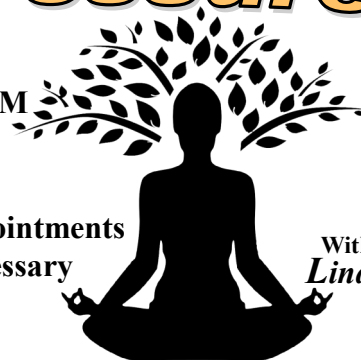
Wednesday's

9:00AM to 1:00PM

In Room 3

No Appointments Necessary

With Linda



Linda performs acupressure massage therapy by applying gentle pressure to precise points on the body. Participants remain fully clothed during their entire session. Acupressure balances the body's opposing forces of negative "Yin" and positive "Yang" energy and not only treats the entire body structure, but also seeks to balance the mind and spirit.

Come Join The Gray Panthers at Highland Senior Center

Holiday Potluck 1-3pm



December Meeting is on **Saturday the 9th**

Meet Every 4th Saturday
From **1:00PM to 3:00PM**



Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers speaking on current local and national issues.

Friendship Coffee



Every Monday
From 1:00PM to 4:00PM

*Visit with a local sponsor
& there is usually refreshments!*



Afternoon Matinee

Every Friday @ 2:00PM

*** Movies are Subject to Change

*** **FREE BAG OF POPCORN**
(for Senior Center Members watching the movie)

12/01	The Ottoman Lieutenant	(R)
12/08	The Zookeepers Wife	(PG-13)
12/15	The Changeling	(R)
12/22	The Circle	(PG-13)
12/29	Shall We Dance	(PG-13)

AFTERNOON DANCES

3rd Wednesday Of Each Month

1:30 - 4:30PM

\$3.00

Type of music played differs every month.
& Remember, "DANCING is FUN" Exercise!



12/20 Pure Gold (NM MUSIC)
⇒ **01/17 Roger Burns (BR Music)**
⇒ **02/21 La Raza (NM Music)**

Nutrition Tips from Casa

Senior Recipe Ideas Using Sugar Substitutes in Holiday Treats



Holiday desserts can easily be made healthier, but they still need that familiar sweet flavor. For that, you would typically use sugar.

In many of your senior recipes, you may be able to substitute honey, maple syrup, molasses, agave nectar or turbinado sugar for the granulated sugar. Those options aren't significantly healthier, but their stronger flavor means you can use less to produce the same flavorful results.

You can also reduce the amount of sugar that your recipes call for. With many desserts, seniors won't notice if you use $\frac{3}{4}$ of a cup instead of a full cup of sugar – and, you may even be able to cut the sugar down to $\frac{1}{2}$ cup without any noticeable taste difference.

Replace Saturated Fat in Senior Recipes for Holiday Sweets

Fat-free desserts don't typically offer a satisfying flavor or texture on the palate, so you may not want to go that route in revising your recipes for senior residents. But, you can definitely trim some of the fat in your holiday sweets without taking away the flavor.

With baked goods, you can try exchanging half of the oil or butter for unsweetened applesauce, mashed banana or another type of fruit puree. Your brownies, cakes and cookies will still be moist, tender and delicious, but they'll be lower in fat.

If you have holiday dessert recipes that call for full-fat dairy, you can exchange it for a lower fat alternative. Choose low-fat milk instead, or replace dairy milk with almond or soy milk, and you'll reduce or eliminate the saturated fat in senior recipes.

Although whole wheat is the most popular, many different types of healthy flour are available. Replacing white flour with the wheat variety gives your dessert treats a boost of nutrients and heart-healthy fiber.

Highland Senior Center On Going Schedule of Activities

Monday

8:00 am - 1:00 pm	Arts Mart/Flea Market
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:30 am	Laptop Quilters
9:30 am - 11:30 am	Artist Series
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:00 pm	Mexican Train Dominoes
1:00 pm - 4:00 pm	Beginning Pottery w/Christine
1:00 pm - 4:00 pm	Canasta Card Group
1:15 pm - 3:30 pm	Bingo
1:00 pm - 4:00 pm	Friendship Coffee
2:00 pm - 3:00 pm	Gentle Yoga
3:15 pm - 4:00 pm	Balance & Movement for Parkinson's

Tuesday

8:00 am - 4:30 pm	Hikes (are every other Tues.)
8:00 am - 12:00 pm	Quilting
8:15 am - 9:15 am	Flex & Tone
10:00 am - 11:30 am	Portrait Drawing
12:00 pm - 4:00 pm	Bridge Group
12:00 pm - 4:00 pm	Pinochle
12:30 pm - 3:00 pm	Spanish Intermediate
1:00 pm - 3:00 pm	Senior Citizen's Law Office (every 3 rd Tues.)
1:30 pm - 3:00 pm	Advanced Line Dancing
3:15 pm - 5:00 pm	Highland Reader's Theater

Wednesday

8:00 am - 12:30 pm	GEHM Clinic (see front desk)
8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 12:00 pm	Pottery w/Penne
9:00 am - 12:00 pm	Senior Citizen's Law Office (every 1 st Wed.)
10:00 am - 12:00 pm	Senior SAGE Men's Group (every 3 rd)
10:00 am - 12:00 pm	Highland Harmonizers
10:15 am - 11:15 am	Gentle Exercise
12:30 pm - 3:30 pm	Mexican Train Dominoes
12:30 pm - 1:30 pm	Birthday Social (every 1st Wed.)
1:00 pm - 3:00 pm	Chess for Fun
1:00 pm - 3:00 pm	Open Computer Lab
1:00 pm - 2:00 pm	Guitar Group
1:30 pm - 2:30 pm	Afternoon Yoga
2:45 pm - 3:30 pm	Balance & Movement for Parkinson's
2:45 pm - 4:00 pm	Table Tennis/Ping Pong
3:00 pm - 6:00 pm	Afternoon Dance (every 3 rd Wed.)
4:45 pm - 6:45 pm	SAVVY Meeting w/Alzheimer's Association New Mexico Chapter
5:00 pm - 6:00 pm	Corvair Meeting (every 3 rd Wed.)

Thursday

8:15 am - 9:15 am	Flex & Tone
9:00 am - 12:00 pm	Scrabble Group
9:30 am - 12:00 pm	Open Studio Watercolor
9:30 am - 10:30 am	Tai Chi Chaun
11:15 am - 12:15 pm	Nia
12:00 pm - 4:00 pm	Pinochle
12:15 pm - 4:15 pm	AARP Defensive Driving (every 1st)
12:30 pm - 3:30 pm	Bridge Ladies
1:00 pm - 4:00 pm	Open Studio Pottery
1:30 pm - 2:30 pm	Tai Chi Chaun Intermediate
2:00 pm - 4:00 pm	Senior LGBT Meeting (every 2 nd Thurs.)

Friday

8:30 am - 10:00 am	AM Adapted Aquatics
9:00 am - 10:00 am	Exercise to Music
9:00 am - 11:00 am	Senior Softball Meeting (every 2 nd Fri.)
10:00 am - 11:00 am	Free Blood Pressure Checks w/Betsy (Walk-ins, No Appt. Needed)
10:00 am - 12:00 pm	Compassion & Choices Lecture Group on Advance Healthcare (every 1st Fri.)
10:15 am - 11:15 am	Gentle Exercise
10:30 am - 12:00 pm	Hi-Toners (every 1 st , 2 nd , 3 rd Fri.)
12:30 pm - 2:00 pm	PM Adapted Aquatics
12:30 pm - 4:30 pm	Shanghai Rummy Game
1:00 pm - 5:00 pm	Open Studio Crochet & Knitting Group
1:00 pm - 3:00 pm	Mahjong Chinese Game
1:30 pm - 3:00 pm	Writing About Our Lives
2:00 pm - 4:00 pm	Afternoon Matinee Movie (A FREE BAG OF POPCORN to all Center Members watching the movie)

Saturday

10:00 am - 12:00 pm	OFA of Nob Hill Meeting (every 1 st Sat.)
10:00 am - 12:00 pm	Roadrunner Strummers
10:30 am - 2:30 pm	AARP Defensive Driving (every 2 nd Sat./Space is Limited Call HSC to Sign-Up to Attend)
1:00 pm - 3:00 pm	Gray Panthers Group (every 4 th Sat.)
1:00 pm - 2:30 pm	NM Parkinson's Coalition Meeting (every 3 rd Sat. during even months of the calendar)
2:30 pm - 4:00 pm	Novel Book Club (every 2 nd Sat.)

Friendly Reminder...

A Current Senior Center Membership ID
is Required to participate in Activities,
and to Sign up for Trips.

December Day Trips

Trips are subject to change and we will make every attempt to notify you of any changes. Please keep a copy of your receipt as they are required for refunds. Thank you for your cooperation!

An "UPDATED" Department of Senior Affairs Senior Center Membership Card is Required at the time of purchase



Kick off the holiday season under the lights in Historic Old Town. Enjoy a New Mexican Christmas by eating tamales and biscochitos, and enjoy the view of Historic Old Town immersed in farolitos. Grab some hot chocolate and watch the time honored lighting of the giant Christmas tree, a spectacle made of over 150 different trees, at this magical Albuquerque event. Live entertainment will fill the streets on 15 stages and add to the festivities. The Albuquerque Museum, Natural History Museum of History and Science, and Explora will join in the evening with free admission and activities.

When: Friday Night, December 1st
Check-In: 4:00pm ■ Return: 9:00pm
Transportation: \$2

Dinner will be at a local restaurant, and is at your own expense.

Winrock Shopping Center



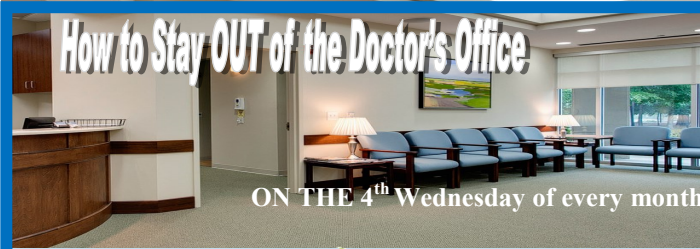
WHEN: Tuesday,
December 5th

CHECK-IN: 9:30am

RETURN: 4:30pm

TRANSPORTATION: \$2

Albuquerque has the biggest and best shopping in the entire state with three premier malls and Winrock Mall being one of them. The Winrock Mall is newly renovated and will surely be festively decorated for the Holiday Season with plenty of sight-seeing, and a plethora of different department and specialty stores to window shop, or purchase something that catches your eye! Lunch will be at a local restaurant, and is at your own expense.



ON THE 4th Wednesday of every month



WHEN: Friday, December 15th

CHECK-IN: 3:00pm •

RETURN: 9:00pm

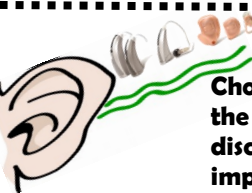
TRANSPORTATION: \$7

It's that time of year again when the Belen Harvey House Museum is transformed into a Christmas wonderland, full of perky penguins, animated characters, uniquely decorated trees and holiday cheer.

Presentation

Choosing the right aids is the beginning of the journey to hearing well again. We will discuss hearing aid technology and the importance of maximizing your new hearing aids. There is a lot to learn about how to use, maintain and care for your hearing aids....

Presented by: Dr. Dorothy McCurley, AuD.



Wednesday,
December 13th
from 9:00AM
to 11:00AM

Highland Senior Center Annual Holiday Luncheon

Thursday,
December 14th
Serving from
11:30 - 12:00pm
Cost \$4.00

Menu
Glazed Ham
Sweet Potato Casserole
Vegetable Blend
Spinach Salad,
Dinner Roll &
Red Velvet Cake

We'll have
entertainment by
Highland
Harmonizers
Caroling our
Favorite
Christmas Carols!
From
12:15 to 1:15 PM

Highland Grill Hot Lunch Special: \$3.25

Reservations Required by 1:00 pm the Previous Day - Call 767-5210

Lunch is Served from 11:30 am - 1:00 pm * Menu is Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Salisbury Steak Rice Pilaf Mixed Vegetables Orange
4 Beef Fajitas Papitas Broccoli & Cauliflower Oatmeal Cookie	5 Chicken Florentine Rice Pilaf Stewed Tomatoes Tapioca Pudding	6 Turkey w/Gravy Stuffing Green Bean Casserole Strawberry Cheesecake	7 Lasagna Italian Vegetables Garlic Bread Cinnamon Apricots	8 Pork Chops Lima Beans Cornbread Orange
11 Biscuit & Sausage Gravy Diced Potatoes Blueberry Muffin	12 Blackened Salmon Red Bean & Rice Glazed Carrots Mandarin Oranges	13 Chili Dog Tater Tots Green Beans Sliced Apple	14 Special Luncheon Ticket Required See Front Desk for Details	15 Rotisserie Chicken Mashed Potatoes Peas Holiday Cookie
18 Pot Roast w/ Potatoes & Carrots Corn Bread Apple Crisp	19 Chicken Caesar Buttered Pasta Zucchini Pineapple	20 Pollock Rice Pilaf Asparagus Grapes	21 Alfredo Pasta Peas & Mushrooms Baby Carrots Orange Sherbet	22 Ham Mashed Potatoes Cauliflower Pumpkin Mousse
25  Center Closed	26 Turkey Corndog Ranch Beans Spinach Apple	27 Beef Stroganoff Green Beans Peach Crisp	28 Minestrone Stew Au Gratin Potatoes Cabbage Cottage Cheese w/Mandarin Oranges	29 Tamales w/Red Chile & Posole Calabacitas Vanilla Pudding

Hot Breakfast Served Monday-Friday 8:00am – 9:00am

Full Breakfast	\$1.50
Mini Breakfast.....	75¢
Breakfast Sandwich.....	\$1.00
Burrito.....	\$1.50
French Toast or Pancake.....	25¢
Oatmeal w/Milk	70¢
Side of Chile Red/Green.....	25¢
Biscuits & Gravy	\$1.00
(Wednesday Only)	



Al-a-Carte Lunch Monday-Friday 11:30 - 1:00 pm

Grilled Cheese	\$1.25
Sandwich of the day.....	\$1.50
Soup or Pie	50¢
Salad Plate.....Large...	\$2.00
Small...	\$1.00

Beverages

Milk or Juice	25¢
Coffee	30¢
Hot Tea.....	30¢